



## Supporting Document 2. COVID-19: Information and Guidance

### **General measures to prevent spread of COVID-19 and protect people at increased risk of severe illness**

There is currently no vaccine to prevent COVID-19. The following measures are recommended to help reduce the spread of COVID-19 and to protect people at increased risk of severe illness:

**Stay at home advice for households with possible or confirmed COVID-19** is designed to slow the community spread of COVID-19. Household isolation will help to control the spread of the virus to friends, the wider community and the most vulnerable. This means that anyone who has symptoms of COVID-19 or has a COVID-19 diagnosis (whether they have symptoms or not) and anyone else living in the same household should follow 'stay at home' advice on [NHS Inform](#).

**Test and Protect** is a public health measure designed to break chains of transmission of COVID-19 in the community. This approach operates by identifying cases of COVID-19, tracing the people who may have become infected by spending time in close contact with them, and then supporting those close contacts to self-isolate, so that if they have the disease they are less likely to transmit it to others. Further details can be found on the Scottish Government [website](#) and [NHS Inform](#). Guidance on the **general approach to contact tracing** and **contact tracing in complex settings**, including health and social care staff, patients and residents, is available on the [HPS website](#).

**Face coverings:** The Scottish Government announced that people aged 5 years and over must wear a face covering on public transport, in public transport premises such as train stations and airports, and in shops and certain other indoor premises. For further information, including exemptions to this requirement, refer to the [Scottish Government website](#).

**Physical distancing** measures should be followed by everyone in line with the Scottish Government advice to [stay safe \(physical distancing\)](#). Guidelines can vary by age group – for up to date information see the [Scottish Government website](#). The aim of physical distancing measures is to reduce the transmission of COVID-19. People who are at increased risk of severe illness from coronavirus should strictly follow physical distancing measures (this includes those with certain medical conditions, pregnant or aged 70 or older). Up to date information can be found on the [NHS Inform](#) website. This also includes additional detail on how to adapt physical distancing for those with additional needs.

**Shielding** is a measure to protect people, including children, who are at extremely high risk of severe illness from COVID-19 because of certain underlying health conditions. It generally involves strict adherence to physical distancing including in the home. Recent [Scottish Government](#) advice is:

“People who have been advised to shield because of COVID-19, will no longer have to do so from 1 August and will be asked to follow general safety guidance, as well as follow stringent physical distancing and hygiene measures”.